

Health Connection



MIMBRES
MEMORIAL HOSPITAL
AND NURSING HOME

mimbresmemorial.com

FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

Hats off to our Employee and Managers of the Year!

Mimbres Memorial Hospital and Nursing Home (MMH) is pleased to honor our 2009 Employee of the Year, Clinical Manager of the Year and Non-Clinical Manager of the Year. These annual awards recognize staff members for their contributions to our hospital.



CONNIE CALICA, R.N.
EMPLOYEE OF THE YEAR

Congratulations to Connie Calica, R.N., Employee of the Year! Calica earned her bachelor's degree in nursing in 1988 and worked for two years in the Philippines and nine years in Saudi Arabia. She joined MMH in 2001 in the medical-surgical unit. Calica routinely receives compliments and letters from patients thanking her for their care, often calling her a "caring angel." Joy Harrell, R.N., director of medical-surgical, describes Calica as displaying exemplary leadership and passionate caring. Because of her good nursing skills and passion for helping others, Calica helps new nurses with preceptorship and orientation.



FRANK GRAMER, O.T.R./L.
CLINICAL MANAGER OF THE YEAR

Frank Gramer, O.T.R./L., director of rehabilitation, assumed leadership of a once struggling rehabilitation department and helped ensure it was fully staffed. Now, patient, employee and physician satisfaction are high, and patient outcomes are consistently good. Gramer oversees inpatient, outpatient and skilled nursing rehab with dedication and compassion. He's also the treating occupational therapist for the nursing home/skilled rehab department and the acute-care hospital. Gramer has deservedly won the respect of his peers.



MARION KLEBER
NON-CLINICAL MANAGER OF THE YEAR

Marion Kleber, Senior Circle advisor, has developed a great program and continues to sign up new members because of positive word of mouth. Kleber works well in the community and has a "yes, I can" attitude. She cares about seniors and their impression of the hospital. Kleber supports the Healthy Woman program and oversees the hospital auxiliary and volunteer programs. After a recent trip, one member wrote, "Marion does an excellent job with the Senior Circle program. Most of the things she does are behind the scenes." We're pleased to recognize the great job she does every day.

! Visit us online!

To find a physician, get health information and more, visit mimbresmemorial.com.

Life after the ER

Following your physician's orders keeps you healthy

When you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

➔ SPEAK UP. Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

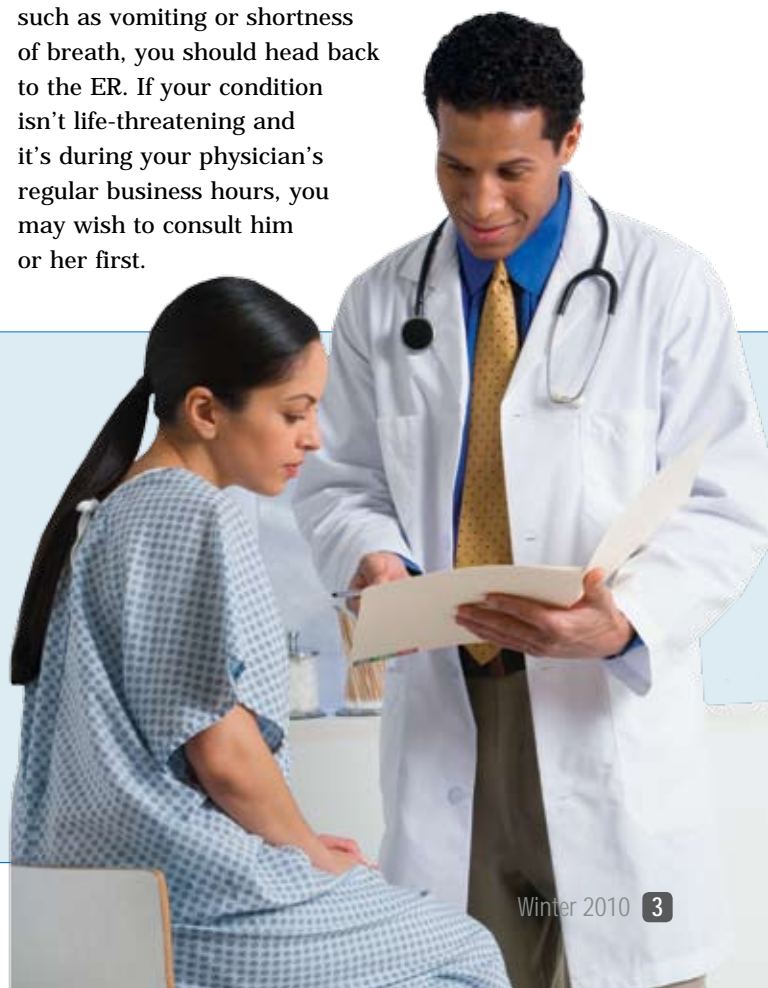
➔ FOLLOW ALL MEDICATION DOSAGES. Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST. You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

➔ KNOW WHEN YOU SHOULD RETURN TO THE ER. If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

How did we do?

When you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called Discharge Callback Administrator, or DCA, helps us improve the way we care for our patients and ensure that you're on the road to recovery.



Asthma attack!

How children and adults can take control

Asthma affects nearly 20 million Americans both young and old, lowering quality of life and restricting activity. However, people with asthma can lead a healthy, normal life with proper treatment.

Asthma is characterized by a swelling of the airways leading to the lungs, which makes it difficult to breathe. The airways may also create an excess of thick mucus, clogging the airway or constricting it because of contracting muscles. Other signs include wheezing and coughing, shortness of breath, tightness in the chest and difficulty sleeping. An asthma attack is a major flare-up that includes extreme difficulty breathing.

THE CULPRITS

Asthma is usually associated with allergies, but other factors can lead to a diagnosis. Children with a family history of asthma should be examined by their physician, even if they're not showing signs. Pollution, cleaning products and other environmental and household irritants can cause or worsen asthma.

In addition to environmental irritants, adult-onset asthma may be caused by a virus or illness, obesity, menopause or hormonal changes during pregnancy. Children and adults can experience exercise-induced asthma, a type that worsens from physical labor or exercise. While pediatric and adult-onset asthma function similarly, adults tend to experience symptoms more frequently than children.

MAKING THE DIAGNOSIS

Diagnosis for asthma can be as simple as a breathing test to check lung capacity. A physician may also order an allergy test or a chest X-ray to check for additional diseases or factors that may be causing symptoms. Cases range from mild and intermittent (symptoms occur once or twice a week) to severely persistent (symptoms are continuous).



While no cure for asthma exists, proper medication and precautions can control it. Mimbres Memorial Hospital and Nursing Home can help you take charge of the condition.

TAKING CONTROL

While no cure for asthma exists, proper medication and precautions can control it. In severe cases, an asthma attack can be life-threatening without proper medication. Seek immediate treatment when experiencing asthma symptoms or episodes. A physician may prescribe an inhaler to be used during physical exercise to reduce breathing difficulties.

Along with proper medication, you can improve your quality of life by:

- Stopping smoking or avoiding cigarette smoke by wearing a mask.
- Walking, hiking or biking rather than doing strenuous aerobic exercise.
- Wearing a scarf in cold weather.
- Avoiding exercising outdoors in extreme cold or dry weather.
- Keeping a clean home that's free of dust mites and pet dander.

If you're experiencing symptoms of asthma, visit your physician to discuss a personalized treatment plan.

! Breathe easy

Take charge of your asthma. Schedule an appointment with Tatiana Antoci, M.D., of Deming Family Practice, at (575) 544-2030.

Fast, precise 3-D imaging

New 32-slice CT scanner at MMH

The radiology department at Mimbres Memorial Hospital and Nursing Home (MMH) is proud to have an advanced computed tomography (CT) system for evaluating and treating patients. Called the Aquilion 32 from Toshiba America Medical Systems, Inc., the new system can quickly scan any region of the body for injury, providing the essential information needed to evaluate patients. CT scanning blends the traditional technology of X-rays with computer innovations. Using a series of X-ray beams, the CT scanner creates cross-sectional images. A computer reconstructs these slices to produce 3-D images with greater detail than traditional X-rays.

BETTER DIAGNOSES

In addition to fast CT scans, MMH expects to significantly increase its exam capacity, which means more patients can receive the treatment they need and be referred to surgery or discharged from the hospital faster than in the past. When every second counts, the Aquilion 32 scanner allows physicians to quickly identify injuries to internal organs and make a confident diagnosis. The Aquilion 32 offers physicians greater diagnostic capabilities at lower radiation dose rates to patients without subjecting them

“Luna County residents have immediate access to current CT technology ... This may prove to be lifesaving technology due to the system’s ability to deliver more precise images.”

—Amy Sileski, MMH director of medical imaging

to more invasive medical procedures. The scanner uses a sophisticated CT detector and is the only 32-slice CT system capable of scanning two slice widths at 32 slices a rotation. This fast-scanning capability reduces image distortion of moving organs like the heart and lungs. With the increased speed, the new CT scanner is especially useful for examining patients who are unable to hold their breath, such as trauma and acutely ill patients and young children.

“Luna County residents have immediate access to current CT technology,” says Amy Sileski, director of medical imaging at MMH. “For trauma patients such as auto accident victims, this may prove to be lifesaving technology due to the system’s ability to deliver more precise images of bones, organs and internal bleeding than older, less advanced CT systems. For patients with blood clots, infections and diseases such as cancer, early diagnosis with the Aquilion 32 may result in faster treatment and improved outcomes.”

With the emergency department (ED) expansion expected to be complete in June 2010, MMH is preparing to serve even more patients through the ED. Thanks to the Aquilion 32, radiologists can be completely prepared to fulfill the imaging needs of the ED, the hospital and the community.



! Need imaging?

For more information about diagnostic procedures at MMH, call (575) 546-5872.

HEALTHWISE QUIZ

How much do you know about **obesity**?

Take this quiz to find out.

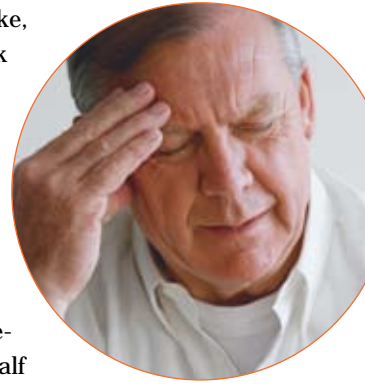
- 1** What percentage of American adults are overweight or obese?
 - a. 25
 - b. 33
 - c. 50
 - d. 66
- 2** Which of the following has not been linked to obesity?
 - a. hyperthyroidism
 - b. cancer
 - c. gallbladder disease
 - d. infertility
- 3** Obese children have a higher risk of:
 - a. asthma
 - b. early puberty
 - c. skin infections
 - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
 - a. It doesn't take height into account.
 - b. It doesn't measure muscle, so a muscular person can have a high BMI.
 - c. It doesn't factor in age.
 - d. none of the above
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
 - a. 30 pounds for women, 50 for men
 - b. 50 pounds for women, 70 for men
 - c. 80 pounds for women, 100 for men
 - d. There's no minimum weight requirement for weight-loss surgery.

ANSWERS: 1. (d), 2. (a), 3. (d), 4. (b), 5. (c)

{MINI-STROKES}

Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

Sending out an SOS:

Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

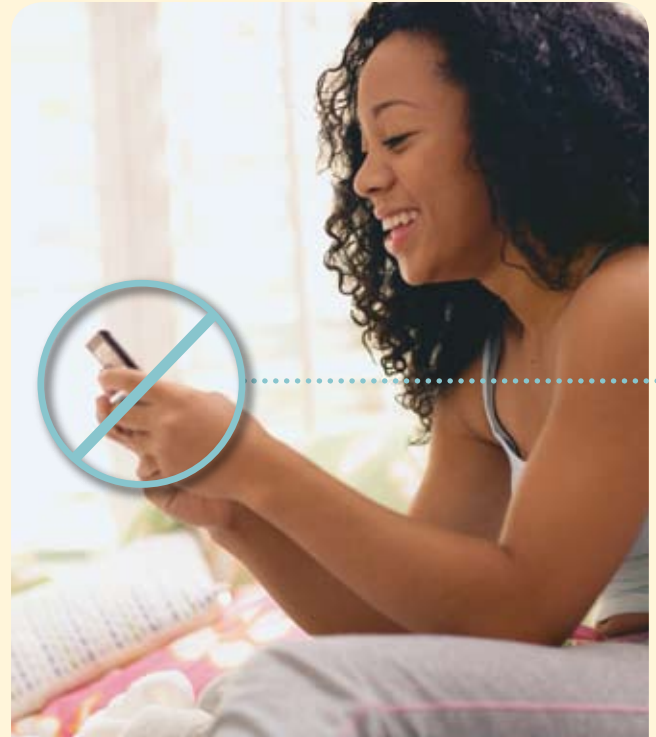
While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H₂O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

Health Connection is published as a community service of Mimbres Memorial Hospital and Nursing Home. There is no fee to subscribe.

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FROM THE CEO



William "Bill" Quitmeyer
Chief Executive Officer

Dear neighbors,

Excitement is building at Mimbres Memorial Hospital and Nursing Home (MMH) as construction continues on a brand-new emergency department (ED) and operating room (OR).

EXPANDING EMERGENCY CARE

The 15,000-square-foot expansion will replace the existing ED

and double the size of the OR. Scheduled for completion this June, the project includes a completely new and expanded ED with two trauma rooms, six private patient rooms and isolation and obstetrics rooms. The OR expansion will include new pre-op and recovery room areas, two new expansive surgical suites, a staff lounge, new surgical equipment and expanded reception areas.

When completed, the project will incorporate much-needed additional space and advanced surgical and emergency equipment. Centralized registration in private spaces will make the process faster, and a new driveway access will make it easy for patients to be dropped off and picked up.



The ER+ philosophy

At MMH, our goal is for you to have 24/7 access to qualified physicians who take the time to listen to what you have to say. ER+ represents a commitment to providing quality service by meeting the needs of our patients and their families with courtesy and respect. Your emergency experience at ER+ should be one of care, concern and attention to your emotional and physical needs. It's our goal to not only meet our patients' needs but also exceed the expectations of the people in the community we serve.

EQUIPPED FOR YOU

In addition to the large expansion project, MMH has acquired a brand-new, 32-slice computed tomography scanner, vascular ultrasound equipment, electroencephalogram technology and pulmonary function testing equipment.

We're excited to make your community hospital better, newer and more accessible than ever. Thank you for your continued support of MMH.

Best regards,

William "Bill" Quitmeyer
Chief Executive Officer
Mimbres Memorial Hospital and Nursing Home